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50 of the world's most incredible spa breaks for 2019



Programmes at SHA Wellness Clinic include detox, stop smoking, de-stress and help with fertility

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By **Suzanne Duckett**, SPA EXPERT

7 JANUARY 2019 • 9:15AM

Euphoria Retreat, Greece

Ex-banker Marina Efraimoglou retrained in traditional Chinese medicine (TCM) and has opened an architecturally stunning wellness retreat in the Peloponnese, fusing East and West TCM, theta healing with meditation and biomedicine among more "out there" programmes. George Leon, the molecular nutritionist, offers his innovative test, looking at the influence of lifestyle on individual gene expression. But, as Marina says, the aim, ultimately, is to become your own healer.

Three nights from £592 (00 30 27313 06111; euphoriaretreat.com)
(<https://www.euphoriaretreat.com/en/>)



The aim at Euphoria Retreat is to become your own healer

Vana, India

This destination spa has established itself as a world leader in mindfulness. Set in the Himalayan foothills, its wellness architecture – curved walls, floor-to-ceiling windows with forest views and decluttered vibe – is therapy in itself. The meditation programme does the rest. In addition to abhyanga massage and shirodhara, you'll be staring into candle flames during trataka or trying Tibetan meditation to tame that monkey mind.

Five nights from £1,655 (00 91 13539 11114; [vana.co.in](http://www.vana.co.in/))

Read the full review: [Vana, India](https://www.telegraph.co.uk/travel/destinations/asia/india/hotels/vana-hotel/) (<https://www.telegraph.co.uk/travel/destinations/asia/india/hotels/vana-hotel/>)